

Saturday October 24, 2009

Time: 8 am-2:30 pm

Community Workshop:

Empowering Your Life:



Tools for Healthy Living

Door Prizes!

Lunch Provided

Register NOW!



**A community health
workshop featuring classes
on:**

**Nutrition, Diabetes, Cancer,
Healthy Cooking,
Women's Health,
Asthma and Allergies,
Flu Prevention,
Family Fitness, Depression,
and Stress Management**

Held at:

**Eastern Idaho Public Health District
1250 Hollipark Dr.
Idaho Falls, Idaho**

Questions?

Call:

Mimi Morgan 533-3151

**Print Registration Form at:
www.idaho.gov/phd7**

***Early Registration only*
\$12**

